

FROM THE
MAYOR'S DESK:
Mayor Brent K. Marshall
January 2016

The Maintenance Department does a great job plowing the snow from our streets. Let's all make their job a little easier by not parking on the street before, during, and after a snow storm to allow for snow removal.

The Tooele Personal Financial Summit will be held January 14th from 4:30 p.m. to 9:00 p.m. at the Tooele Applied Technology College (88 S. Tooele Blvd., Tooele). This Summit is intended to help individuals and families work toward ensuring, creating, and preserving financial well-being, as well as understanding and navigating related topics and services. There will be breakout sessions to address the needs and interests of attendees and opportunities to speak with local professionals in related industries. Useful topics covered include: retirement planning, estate planning, social security, tax strategies, investments, insurance, budgeting, mortgages, reverse mortgages, debt relief, business development, and more. Special Keynote Speaker: Chris Redgrave, Senior Vice President of Community Relations at Zions Bank. There will be refreshments and prize drawings. This is a no-cost event.

As the snow comes please be sure to remove the snow from your sidewalks to allow those on foot an easier trail to get where they are headed. It is a good time to go the extra mile and give service to your neighbors who are in need of help, particularly those who are homebound, by removing the snow from their sidewalks. Opportunities such as this give us a nice, warm feeling and are greatly appreciated.

The Live-Fit Tooele County Coalition invites you to join the upcoming Fit to Win Health Challenge. A flyer that details all of the particulars of the challenge can be found on the back of this newsletter. Participants are encouraged to follow a diet and exercise program that best suits their lifestyle. You can utilize resources that the challenge makes available, or you can follow your own plan and use the challenge resources as a supplement. The focus of the challenge is to help participants to develop plans that fit into your lifestyles, and are thereby sustainable for you.

Utah State University, Extension Master Gardeners, Tooele County, is starting a new class. The class will run from January 20th through April 27th from 9:00 a.m. - 11:00 a.m. USU Master Gardeners are trained volunteers who serve as consultants to home gardeners. They teach classes and provide information on plant health and gardening practices including vegetables, trees, soil, turf, ornamental horticulture, integrated pest management, diseases, water-wise gardening, weeds, fruit trees, and related topics. The cost is \$150/pp or \$180/couple. Applications are available online at www.tooelemastergardeners.org and "Master Gardener 2016 Class" or call 435.277.2401 or visit the USU Extension Office, 151 N. Main St., Tooele, UT 84074.

The theme for the Grantsville Sociable is "You're Home, Right Where You Belong!" We are looking for all current and former Grantsville residents who are 75 and older (and who have not previously received an Honored Guest Invitation to the Old Folk's Sociable). Please send name, address, date of birth, and years resided in Grantsville to: janice.marriott@gmail.com, kclark@grantsvilleut.gov, mboulard@grantsvilleut.gov, or call (801) 884-9766. If you graduated from Grantsville High School in the class of 1959, the Sociable already has your information.

The Salt Lake Community Action Weatherization Program is available to help low-income individuals in our area permanently reduce bills for heating and cooling. Weatherization agencies install cost-effective measures to reduce home energy consumption. Information pamphlets are available at City Hall and www.grantsvilleut.gov.

If you have any suggestions to make our community a better place, please feel free to contact me at City Hall (435) 884-3411.



FIT TO WIN

Only \$75!

Begins January 11th, 2016

12 Week Wellness/ Fat Loss Program

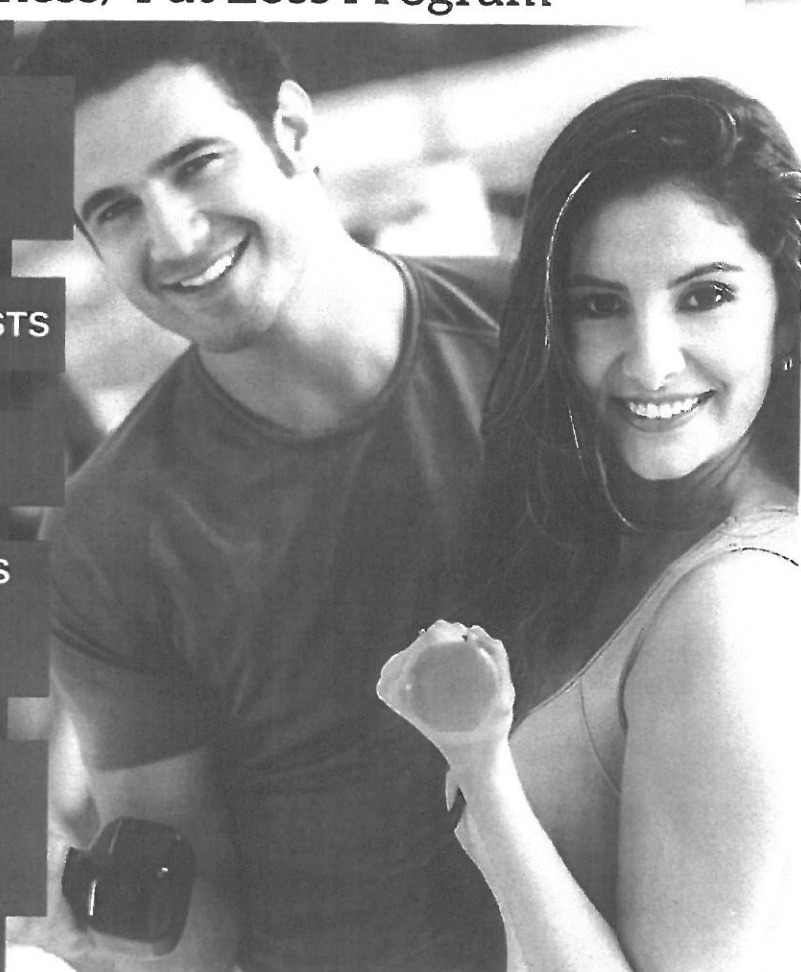
T-SHIRT AND EXERCISE
EQUIPMENT KIT FOR ALL
PARTICIPANTS (limited to first 150)

WEEKLY MENUS & GROCERY LISTS

ONLINE WORKOUTS

WEEKLY IN-PERSON WORKOUTS
ON WEDS. OR SAT. (SPOUSES
ATTEND FREE)

BI-MONTHLY WEIGH-INS, PRIZES
FOR WINNERS IN EACH AGE
CATEGORY



**MANDATORY ORIENTATION AND WEIGH-IN
THURSDAY JAN. 7 (6 PM) OR SATURDAY JAN. 9 (8 AM)**

Meetings will be held at the Tooele County Health Department
Building (151 N. Main St., Tooele) Room #180

Register at www.wb4you.com

Email mheder@wb4you.com for more info